

Dear Fellow State Employees:

On the WOW website this month find the following:

1. NUTRITION: Learn about inflammatory foods, and balancing proteins, carbohydrates and fats in your diet
2. FITNESS: Hibernators, it's time to enjoy outdoor fitness again
3. EMPLOYEE HEALTH & FITNESS DAY: It's coming - May 18th. Find resources to help you prepare.
4. CANCER AWARENESS MONTH: Continue to reduce your risk!
5. WOW NEWS: Share and read success stories. Find a good recipe.
6. WOW CONTEST: Be a winner!
7. FITNESS CLUB & Pedometer Discounts: Watch for new fitness club discounts.
6. Other Regular Features including Archived WOW Pages

Click to go directly to the WOW website:

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

Remember: The Michigan Surgeon General's "Michigan Steps Up" website offers a wealth of resources and tools to help you work on your wellness.

BLUE HEALTH CONNECTION NOW AVAILABLE FOR PPO MEMBERS

BlueHealthConnection (dedicated to Healthcaring) is "a program designed to help its members get healthy and stay healthy". It provides information, assistance and resources to help members take charge of their health care. This program, which was already available to Blue Care Network members, is now available to State Health Plan PPO members.

BlueHealthConnection now provides a Health Risk Appraisal (HRA) to members to help you pinpoint specific health issues and risks. An HRA asks questions about your health habits (such as eating, exercise, tobacco, alcohol, and driving related habits), personal and family health, your blood pressure and cholesterol, self care, job satisfaction, and other factors that may relate to risks. Results are confidential.

The HRA is available both online and via hard copy. Members who do not have access to a computer can call BlueHealthConnection at (1-800-775-BLUE) to ask for a hard copy. There is a \$15 cost for hard copy processing.

The online HRA questionnaire is reported to be 100% secure. Once completed and submitted, an "extremely detailed HRA Profile" will be provided (to you alone) "portraying a snapshot of your current health and health risks, as well as tips and advice on how you can minimize those risks." The information you provide for your health risk appraisal is used "to create a personalized Health Dashboard, tailored to your health needs and interests. Use this Dashboard as a stepping stone to a wealth of information, tips, advice and even health managers and trackers to you can take complete control of your health."

BlueHealthConnection provides health news, and an option for creating your personal health record to keep track of important health information, conditions, medications, drug interactions and appointments. A 24/7 toll-free health coach call center (for PPO members - 1 800 775 2583), free health decision materials, Quit the Nic, and disease management programs are also available to members. Blue Care Network members may call 1 800 637 2972 to request materials on specific health topics.

You must log in to BlueHealthConnection in the secure member area or register as a new user to access the online HRA at <https://www.bcbasm.com/bhc/> (PPO). If you are a Blue Care Network member, go to <http://www.MiBCN.com> (HMO). Have your Blues card handy. The registration/log-in process is not complex. You supply your own user ID and password.

If you are a Blues member, log in or call today and take advantage of these tools and resources now available to assist you in making the best possible health decisions.

None-Blues members: Some HMOs also offer Health Risk Appraisals. Check with yours to see what is available. You can also go to the Michigan Steps Up website (<http://www.mfia.state.mi.us/surGeneral/>) and complete a simple assessment to help you create a personal plan for stepping up to healthier living.

APRIL IS CANCER CONTROL MONTH

"*Cancer control*" is a broad array of organized activities at the local, state, or national level that have a positive impact on reducing the human burden of

cancer. *Cancer control* encompasses prevention, detection, treatment and support to cancer patients, their families and their caregivers, and survivorship issues through the end of life", says Nancy Lins at the American Cancer Society. Read more at:

http://www.cancer.org/docroot/NWS/content/NWS_5_1x_Cancer_Control_Month_Focuses_on_Advances_Against_Cancer.asp

Can you prevent cancer or reduce your cancer risk? How can you detect cancer early? Does cancer run in your family? Just want to stay healthy? You can find answers to these questions and more, using the following resources:

1. American Cancer Society (ACS) at <http://www.cancer.org/docroot/home/index.asp>, or call 1-800-ACS-2345. ACS also has "The Complete Guide—Nutrition & Physical Activity, found at: http://www.cancer.org/docroot/PED/content/PED_3_2X_Diet_and_Activity_Factors_That_Affect_Risks.asp
2. National Cancer Institute @ <http://www.cancer.gov>, or call 1-800-4-CANCER. The NCI has information on all kinds of cancer, prevention, causes, screening & testing, treatment, research, and more. Trained cancer information specialists are available 24 hours a day, seven days a week to answer questions about cancer, link callers with resources in their communities, and provide information on local events.

More than two-thirds of all fatal cancer cases can be prevented with lifestyle changes:

- Eating lots of fruit, veggies, and whole grains
 - Exercising regularly
 - Maintaining a healthy body weight
 - Using protection against the sun
 - And especially, not smoking
- http://www.cancer.org/docroot/PED/ped_3.asp
(ACS Guidelines for Eating Well and Being Active)

Thousands of people can prevent or reduce their risk of cancer by making these healthier choices every day. Physical activity works in a variety of ways to reduce one's risk of cancer, including by helping control weight and

by influencing hormones. Eat at least five servings of vegetables and fruits each day, especially those with the most color (a sign of high nutrient content), to lower risk of several cancers including cancers of the lung, mouth, esophagus, stomach, and colon. High fat diets have been associated with an increased risk of cancers of the colon and prostate. The bottom line is to challenge ourselves to increase our physical activity, to lose some extra pounds, to make healthy food choices, and to look for ways to make our environments healthier places to live.

Congratulations Shannon Farner! You are the March WOW Contest Winner. Thanks to all contest participants. Please try again next month if you have never been selected a winner.

If you are unable to access the website from the above link, go to www.michigan.gov/mdcs and click on Employee Benefits, then Employee Health and Wellness. Please feel free to call our toll free number (1 800-505-5011) if you have difficulty accessing our website or its links.

Working On Wellness
WOW Team
Employee Health and Wellness